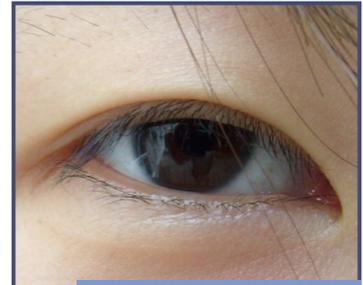


New Year. Healthier You.

A new year often signifies a fresh start for many of us. This may mean setting health goals, such as limiting screen time, following a healthier diet, and starting an exercise routine. Creating a healthier relationship with food and taking better care of your body and mental wellbeing can drastically improve your health. But let's all be honest, those new year's resolutions are hard to keep! According to U.S. News & World Report, 80% of New Year's resolutions fail by the beginning of February. But we don't want you to think that resolutions are the problem. Most people fail because of the way they try to achieve their goals. To increase your chances of success this year, it's important to set SMART goals. SMART goals are:

- **Specific** - your goal should be clear and precise so you can focus your efforts on achieving it.
- **Measurable** - you need to track your progress to stay motivated, meet your deadlines, and in the end celebrate even the small wins like eating healthy for a week.
- **Attainable** - be realistic about your abilities and setting an achievable goal for yourself to increase the chances of making your health goals stick. For example, plan to walk a few specific days per week instead of aiming for every day. If you're not used to eating vegetables, start by adding just one serving of your favorite veggie to your diet every day.
- **Relevant** - choose a goal that is exciting and relevant to you so you can remain motivated.
- **Time-bound** - you want to make sure you set a deadline for you to meet your goal. It helps you plan out how you'll achieve your goal and set priorities if needed.

This January, set your big goals for 2022. Write them down and divide them into manageable bite-sized pieces you can share with a trusted friend. And throughout the year, don't forget to celebrate your wins. Lets make 2022 our best and healthiest year yet!



DID YOU KNOW?

50% of people with glaucoma don't even know they have the disease.

- [Learn more on page 8](#)



How to Keep Your New Year's Resolutions

Actually



Stick to picking just one



Write out a detailed plan



Try new goals each year



Ask for support from loved ones



Be realistic and specific



Try a resolutions journal

Source:
Healthline, Forbes, PT Health

Please consult your healthcare provider before starting on any diet or exercise program.

In this Issue:

- New Year. Healthier You.
- Bath Safety
- National Hobby Month
- Cervical Health
- Blood Donor Month - FDOH Edition
- Birth Defects Prevention
- Folic Acid Awareness
- Thyroid Disease
- Give us the tea!
- Glaucoma Awareness
- Healthy Eats - National Oatmeal Month
- Healthy Eats
- Healthy Weight Week



NATIONAL BATH SAFETY MONTH



Enjoying a nice warm bath is a routine activity for many. However, the bathroom is one of the most dangerous places in our homes because it is where we are more prone to falling and suffering burns. The Consumer Product Safety Commission reports that approximately 370 people of all ages suffer bathtub or shower-related accidents every single day in the United States. National Bath Safety Month is all about revisiting the proper ways to keep yourself safe when you decide to take a bath.

Bath safety is important for all ages. Following these simple steps is a great way to take precautions and avoid any harmful injury during bath time:

- The American Academy of Pediatrics recommends that children 4 and under always have a parent or caregiver present when they are near water, including the tub.
- We can prevent slip by affixing a slip-resistant plastic mat that suctions to the bottom of the tub.
- Non-slip rug or bathtub are a must for exiting the shower to minimize the risk of slipping on a wet floor.
- Consider installing a grab bar for young children and older adults to hold onto when stepping in and out of the bath.
- Before entering the bath or shower, test the water with your fingers to make sure it is at the appropriate temperature. Water that is too hot can cause severe burns.



You may not think you need to be reminded of safety rules – after all, we've been bathing successfully for years – there is no harm in being conscious of, and minimizing the risks of slipping and falling!

Source: Scholastic Inc., Panter, Panter, & Sampedro Law Firm, HuffPost News

NATIONAL HOBBY MONTH



HIKING

Enjoy the fresh air and beautiful scenery of your local area without paying a thing...

READING

Join a library at no cost and get unlimited access to a world of books - heaven!

VOLUNTEER

Contribute your time to your community for a worth cause.

CREATING WRITING

Get out your pad & start writing for an hour each day. You never know what you'll think of!

ORIGAMI

Exercise that brain by making some beautiful intricate origami creations.

HAVING HOBBIES?

IMPORTANCE OF HAVING SOMETHING TO DO OUTSIDE OF YOUR WORK.

SIGHTSEEING

Become a tourist in your home town! Check out some of the hidden gems.

YOGA

Gentle exercise for the mind and body, with zero price tag.

KNITTING

Spend just a few \$\$s on wool & give your loved ones the perfect gifts.

ILLUSTRATING

Get creative & learn to illustrate. Look up tutorials on YouTube for tips!

RUNNING

Get some great exercise, fresh air, and all without spending a penny!

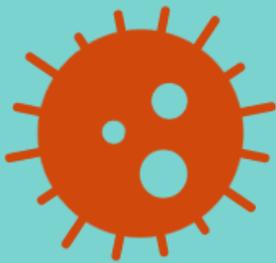
After a stressful day, nothing can divert your thoughts more than engaging in something you are good at. Having a creative hobby outside of work is associated with positive work-related traits, like creativity on projects and a better attitude on the job. Active hobbies, such as dancing, can help you stay healthy and increase longevity. **Spending time on an activity that you enjoy can also improve your mental health and wellbeing.** In fact, mentally stimulating activities such as card games, crossword puzzles, Sudoku and some board games can enhance your memory.

This National Hobby Month, we encourage you to take on a hobby. Your interests may be creative, athletic, academic or something distinctly personal. You may choose a hobby that you can do alone or as part of a group. **Whatever your interests are, there is sure to be a hobby out there for you. What matters is that it is something you find meaningful and enjoyable!**

Source: CNBC, Australian Government Department of Health, Cleveland Clinic



HPV and Cervical Cancer



The human papillomavirus, or HPV, is passed from one person to another during sex. Half of all sexually active people have HPV at some point, often with no symptoms.

HPV infections usually go away on their own. When they don't, they can cause cervical cancer.



The best way to prevent cervical cancer is to get the HPV vaccine, recommended for boys and girls beginning at age 11.



Most women should get screened for cervical cancer between the ages of 21 and 65.

The Pap test has been the most common test for early changes in cells that can lead to cervical cancer.

Eligible women can receive free cervical cancer screenings through the Florida Breast and Cervical Cancer Early Detection Program.

Call at (954)762-3649 for more information.

Additional Resource

WHAT ABOUT THE CERVIX?

The cervix is the lower portion of the uterus. It makes up the passage between the vagina and uterus. It widens during childbirth to allow for the passage of the baby. It also allows for the passage of menstrual fluid from the uterus. Since your cervix is responsible for creating discharge, you can also thank yours for keeping your vagina clean.

Your cervix is amazing and essential to your reproductive and sexual health! At the same time, it is vulnerable to several health conditions, such as chronic inflammation, polyps, dysplasia and cancer. Cervical cancer is a type of cancer that occurs in the cells of the cervix and generally produces no signs or symptoms at early stages. Therefore, a regular pap smear from a gynecologist, along with other preventative measures, is vital.

STAY PROACTIVE

A healthy cervix should be part of every woman's health agenda. By taking a few simple steps, most women can greatly reduce their risk of developing cervical health problems by:

- ◆ Getting regular cervical cancer screenings
- ◆ Getting vaccinated with the HPV vaccine
- ◆ Practicing safe sex
- ◆ Reporting any concerns, like abnormal vaginal bleeding to your healthcare provider
- ◆ Incorporate healthy eating and stress management tools into your life

BE IN THE KNOW

1. Smokers have higher rates of cervical cancer and other cervical abnormalities. For support to quit smoking contact Tobacco Free Florida at 1-877-U-CAN-NOW
2. Minority women are more likely to develop and die from cervical cancer than white women, but also have lower screening rates.
3. If uninsured, your local hospital or clinic may offer free or low-cost cervical cancer screenings

Source: Verywell Health, Mayo Clinic, SimpleHealth



NATIONAL BLOOD DONOR MONTH



Turn Your Day Around. Give Blood.

Every year thousands of people rely on blood donations to stay alive due to various reasons. It's the blood already on the shelf that saves lives and if all eligible individuals donated two or more times a year, blood shortages would be eliminated. The month of January is usually a period of critical blood shortages. It is easy for you to make a difference this month by finding your local blood center and scheduling an appointment to donate during National Blood Donor Month.



FDOH - Broward County

Why should you donate?



Glen Johnson
Staff Assistant | Environmental Health

"Two months ago, a loved one was hospitalized with pneumonia. As a result, her sodium level and blood count were steadily declining. She received a life-saving blood transfusion to help her in her recovery. She is now happy and healthy at home. My advice to my fellow co-workers is that giving blood helps people. If you can give it, give it!"



Carlton Thompson
Custodial Worker | General Services

"In 1959, my father unfortunately passed away because there was a low supply of his blood type. In 2014, my nephew passed away due to blood cancer. Prior to his death however, he had to undergo monthly blood transfusions for 8 years. We had about 10-15 people in the community who were kind enough to regularly donate blood for him. Due to prompt blood donations, he was able to live what appeared to have been a normal life until his passing. I strongly recommend that everyone with good health make a blood donation. I believe that every act of kindness will come back to you!"

How to prepare to give blood



Make an appointment



Get a good night's sleep



Hydrate



Eat a healthy meal



Complete a RapidPass®



Relax



American Red Cross

Schedule your appointment
[RedCrossBlood.org](https://www.RedCrossBlood.org)

DID YOU KNOW?



Patients with sickle cell disease and other chronic conditions need **regular** blood transfusions.



Donated blood only lasts **42 days.**

#NBDM



Blood donations are used to save about **12,000** lives a day.

#NBDM





FOLIC ACID AWARENESS WEEK

Folic Acid Awareness Week is observed January 2-8, 2022. Folic acid is a B-vitamin that is necessary for proper cell growth. It supports our cardiovascular, brain and neural health. Our bodies use folic acid to produce new cells, thus making it important in the development of a strong, healthy fetus. In fact, if taken before and during early pregnancy, folic acid can prevent up to 70% of neural tube defects!

It is recommended that all women of reproductive age consume 400 mcg of folic acid each day in addition to consuming food with folate from a varied diet. There are two ways to get the recommended folic acid intake: taking a daily multi-vitamin containing folic acid and eating a diet that contains fortified foods like pastas, grains, and vegetables. These include dried beans, peas, lentils, oranges, whole wheat products, broccoli, beets, and spinach. In addition, many cereals contain 100% of the daily value of folic acid in just one serving. Next time you're grocery shopping, check the nutrition label on food packaging to see if it contains folic acid.

Source: National Birth Defects Prevention Network, Arkansas Folic Acid Coalition

PLANNING TO GET PREGNANT SOON?

Get 400mcg of *folic acid* every day.



If you have enough folic acid before and during early pregnancy, it can **prevent many of the serious birth defects** of a baby's brain and spine.

Regular visits with your healthcare provider are important to ensure your health and the health of your baby.

National Birth Defects Prevention Month

Best for You. Best for Baby.

TIPS

FOR PREVENTING BIRTH DEFECTS:

- 1** Be sure to take 400 micrograms (mcg) of folic acid every day.
- 2** Book a visit with your healthcare provider before stopping or starting any medicine.
- 3** Become up-to-date with all vaccines including the flu shot.
- 4** Before you get pregnant, try to reach a healthy weight.
- 5** Boost your health by avoiding substances that are harmful during pregnancy.

January is National Birth Defects Awareness Month. Birth defects are structural changes that affect one or more parts of the body (e.g. heart, brain, foot). They develop most often during the first 3 months of pregnancy, when a baby's organs are forming and can cause problems in overall health and how the body develops and functions. According to the CDC, about 1 in 33 babies in the U.S. is born with a birth defect each year. Common birth defects include congenital heart defects, cleft lip, cleft palate and spina bifida.

Your genetics, behaviors and social and environmental factors can impact the risk for birth defects, and **not all birth defects can be prevented. However, there are things you can do to increase your chance of having a healthy, fully-term pregnancy and baby.**

It's important to get healthy before and during pregnancy by actively trying to plan ahead, avoiding harmful substances, choosing a healthy lifestyle, and talking with your healthcare provider. **Remember, taking care of yourself and doing what's best for you is also best for your baby!**

Source: March of Dimes,

#Best4YouBest4Baby





JANUARY IS
THYROID DISEASE
AWARENESS MONTH

The thyroid is a butterfly-shaped organ located in the front of the lower neck. It produces thyroid hormones which regulates your body's metabolism, heartbeat, temperature, mood and other important bodily functions. **This small gland influences every cell, tissue and organ in the body!** There are many health problems connected to our thyroid, including Graves' disease, goiter and thyroid cancer.

The two common diseases, however, are hyperthyroidism and hypothyroidism. Hypothyroidism is a condition where the thyroid gland does not produce enough thyroid hormone. Symptoms include extreme fatigue, depression, forgetfulness, and some weight gain. In hyperthyroidism, the gland produces too much thyroid hormone. Symptoms include irritability, nervousness, muscle weakness, unexplained weight loss, sleep disturbances, vision problems and eye irritation. In both hyperthyroidism and hypothyroidism, the thyroid gland can become enlarged and can be felt or seen under the skin on your neck.

Women are five to eight times more likely than men to have thyroid problems. In fact, it is estimated that 1 in 8 women will develop thyroid problems during her lifetime, particularly after pregnancy and during menopause.

Incorporating exercise into your daily routine and healthy stress management can help your thyroid. Rest is also important, and you should be getting 7-9 hours of sleep each night. This month, consider talking with your healthcare provider about whether your thyroid is healthy and functioning properly.

Up To Here With These Symptoms? It Could Be Your *Thyroid*



Fatigue or trouble sleeping



Changes in memory or ability to concentrate



Depression, anxiety or feelings of irritability



Fast or irregular heartbeat



Irregular menstrual periods



Unexplained changes in weight



Joint/muscle pain or weakness

Are You At Risk?

Common risk factors associated with thyroid disorders



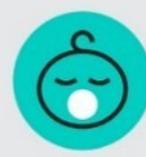
Type 1 diabetes



Past radiation treatment to the head or neck area



Family history



Recent pregnancy

Women are 5-8X MORE LIKELY THAN MEN TO HAVE THYROID PROBLEMS

More than 12% of the U.S. population will develop a thyroid condition in their lifetime



It's National Hot Tea Month...

Health Benefits Of Tea

Anti inflammatory

Boost mental health

Control Diabetes

Fight obesity

Healthier heart

Prevents Cancer

Skin Problems

Improve bone health



Helps in hydration

TYPES OF TEA



GREEN

Reduces risk of cancer and heart disease. Promotes weight loss.



CHAMOMILE

Reduces bloating, headache stress and tension. Boosts immune system.



CHAI

Reduces blood sugar levels. Aids in digestion and weight loss.



PEPPERMINT

Relieves digestive tract discomforts, nausea, and cramping.



GINGER

Remedy for nausea, upset stomach, bloating and sore throat.



MATCHA

Fat burning and immunity booster. high in antioxidants.



HIBISCUS

Prevents hypertension, respiratory diseases and lowers blood pressure.



JASMINE

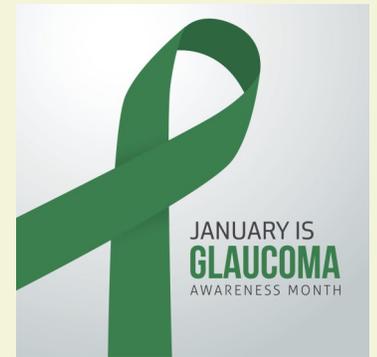
Weight loss aid. Relieves stress and improves immune system.

HEADS UP!

There are many health benefits to drinking hot tea. However, many herbal teas contain different types of fruits, herbs, spices and flowers that some people may be allergic to. If you have allergies, always read the ingredients on the package before you consume a new herbal tea | *Penn Medicine*

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve. This damage is often caused by abnormally high pressure in your eye. According to the CDC, open-angle glaucoma is the most common form of glaucoma.

It's possible for infants and children to have glaucoma. However, glaucoma is one of the leading causes of blindness for people over the age of 60. Some people have a higher than normal risk of getting glaucoma. This includes people who are over age 60, especially if you're Hispanic/Latino, African Americans age 40, or those with a family history of glaucoma. Your risk may also be heightened if you have diabetes, migraines, high blood pressure or cardiovascular disease.



Glaucoma is often called the “silent thief of sight.” because the effect of glaucoma is so gradual that you may not notice a change in vision until the condition is at an advanced stage. This explains why 50% of people with glaucoma don’t even know they have the disease. As the disease progresses, you may start noticing vision lost, usually starting with your side (peripheral) vision - especially the part of your vision that’s closest to your nose. Very occasionally, glaucoma can develop suddenly and cause intense eye pain, nausea and vomiting, tenderness around the eyes and seeing rings around lights.

If left untreated, glaucoma will eventually cause blindness. It’s important to have regular eye exams that include measurements of your eye pressure so a diagnosis can be made in its early stages and treated appropriately. If glaucoma is recognized early, vision loss can be slowed or prevented. This is great news! It's also important to talk to your family members about their vision health to get a better understanding of your family history. When diagnosed, doctors may use different types of treatment for glaucoma, including medicines (usually eye drops), laser treatment, and surgery.

In addition to regular comprehensive dilated eye exams, maintaining a healthy weight, controlling your blood pressure, being physically active, and avoiding smoking will help you avoid vision loss from glaucoma. These healthy behaviors will also help prevent Type 2 diabetes and other chronic conditions. This glaucoma awareness month, let’s make our eye health a New Year’s resolution!

Source: Mayo Clinic, National Eye Institute, Center for Disease Control & Prevention

Don't get blindsided by glaucoma

Wear eye protection



Get regular eye exams



Control your blood pressure & weight



Quit smoking



Take your meds as directed



You could have **GLAUCOMA** and not know it.

Make a resolution to find out. Schedule a dilated eye exam.



HEALTHY EATS⁹

Oatmeal Pancakes With Cinnamon Apples

You'll never think about buying supermarket syrup again once you try this sweet homemade topping.

Ingredients

- 1 1/2 cups buttermilk
- 3/4 cup instant rolled oats
- 3/4 cup whole wheat flour
- 2 Tbsp milk
- 1 Tbsp melted butter
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- Pinch of cinnamon (plus 1/8 tsp for the apples)
- Pinch of nutmeg
- 1 Granny Smith apple, peeled, cored, and chopped
- 1/2 cup apple juice
- 2 Tbsp brown sugar
- Butter or cooking spray



Preparation

- In a large mixing bowl, combine the buttermilk, oats, flour, milk, butter, baking powder, baking soda, pinch of cinnamon, and nutmeg. Stir to gently combine, then set aside to rest for a few minutes.
- Combine the apple, apple juice, brown sugar, and remaining 1/8 teaspoon cinnamon in a small saucepan and bring to a simmer. Cook until the apple has softened and the liquid has thickened.
- Preheat the oven to 200°F. Heat a large nonstick or cast-iron skillet over medium heat. Adding a bit of butter or cooking spray before each round, scoop 1/4-cup portions of batter into the skillet and use a spatula to spread into thin, even circles. Cook until small bubbles form in the top of the batter, 2 to 3 minutes, then flip and cook for another 2 minutes. Keep pancakes warm in the oven while you finish cooking. Serve topped with the warm apples

Tips—Try these other fruit toppings options! Combine in a small saucepan and simmer for 10 minutes:

- 2 cups frozen (or fresh) blueberries, 2 tablespoons sugar, and 1 tablespoon grated ginger
- 2 cups frozen strawberries, 1 tablespoon sugar, and 2 tablespoons balsamic vinegar
- 2 cups diced pineapple simmered in 1 cup lite coconut milk and 2 Tbsp shredded coconut

Nutrition Information

Serving Size: 4; Per Serving: 260 calories, 6 g fat (2.5 g saturated), 19 g sugar

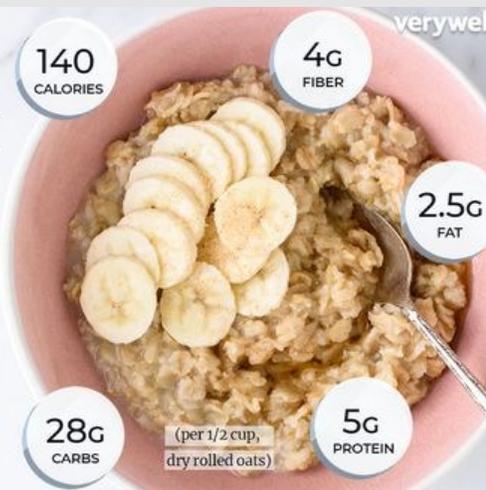
Source: *Eat This, Not that!*



Oatmeal

- ✓ Cholesterol-Free
- ✓ Good Source of Fiber
- ✓ Low-Fat

The fiber in oatmeal can help lower your LDL cholesterol levels, but check ingredients for added sugar or fat



Benefits of oats



- Rich source of energy
- Aids in weight loss
- Improves immunity
- Works as a moisturiser
- Is a great natural cleanser
- Fights acne
- Prevents hair fall

HEALTHY EATS ¹⁰

Slow Cooker Healthy Hamburger Soup

Packed to the max with veggies and full of flavor, this is a hearty, you'll want to add to your menu!

Ingredients

- 1 lb. ground beef
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 6 garlic cloves, minced
- 10 oz. sweet potato, peeled and cubed
- 10 oz. Yukon gold potatoes, cubed
- 2 medium carrots, diced
- 2 ribs celery, diced
- 2 (14 oz.) cans fire-roasted diced tomatoes
- 6 oz. can tomato paste
- 1 quart beef broth + additional if needed
- 1 ½ Tbsp. Italian Seasoning
- 1 tsp. sea salt (plus more to taste)
- ½ tsp. black pepper
- 8 oz fresh green beans, cut into 1-inch pieces (can also use frozen green beans)
- 2 cups packed kale, chopped and tough stems removed



Preparation

- In a large skillet over medium heat add the oil. Once hot add the ground beef, onion, green pepper and garlic cloves. Sauté until ground beef is no longer pink.
- Next add everything to the slow cooker except for green beans and kale.
- Cook on low for 8-9 hours or on high for 5-6 hours.
- With about two hours of cooking time left, add the green beans and kale. If you prefer your soup to be thinner, feel free to add additional broth at this time. Cook until the green beans are tender.
- Taste and season as needed before serving.

Nutrition Information

Serving Size: 1 3/4 cup ; Per Serving: Calories: 350, Fat: 7g, (Sat Fat: 2g), Sodium: 850mg, Carbohydrate: 47g, Fiber: 7g, Sugar: 13g, Protein: 24g

Source: *The Real Food Dietitians*



Winters can get the best of people starting with cold and flu.



Fruits and vegetables with Vitamin C can help boost your immune system to fight these off.





HEALTHY WEIGHT WEEK

January 16— January 22

1 KEEP TRACK

Understanding how many calories you take in and your activity level can help you identify changes you want to make. To lose weight, you need to burn more calories than you eat.



REDUCE CALORIES IN:

Keeping track of what and how much you're eating can help you know whether you're eating out of habit, stress or boredom instead of real hunger.



INCREASE CALORIES OUT:

An activity tracker can help you track how much physical activity you get.

2 LEARN YOUR BMI



Body Mass Index (BMI) is a numerical value of your weight in relation to your height. It can help you know whether you're at a healthy weight or need to lose weight. You can calculate your BMI online or see your health care provider.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/WEIGHT

3 TIPS FOR SUCCESS



CONTROL PORTIONS

Learn about portion sizes and how much you might really be eating. heart.org/PortionDistortion



GET ACTIVE

Sit less, move more and add intensity to burn more calories and improve your overall health. heart.org/MoveMore



EAT SMART

Follow a healthy eating pattern that emphasizes vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sweetened drinks, processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, eggs, highly processed foods, tropical oils like coconut and palm, and sodium. Make smart substitutions when cooking, snacking and dining out. heart.org/EatSmart



GET HELP

If you aren't able to lose weight successfully on your own, talk with your health care provider.



Why couldn't the leopard play hide and seek?

Because he was always spotted.

We hope you enjoyed this month's newsletter. If you have any question or suggestions, please contact us. We want to hear from you!

Contact:
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